

BENJAMIN'S HOLIDAY LUNCHEON SIGN-UP ON WEDNESDAY, OCTOBER 5TH

Mark your calendars for Thursday, December 1st for our annual Holiday Luncheon at Benjamin's. This year we will enjoy the musical talents of entertainer, Tony Funches, the former lead vocalist for the 50's group "The Platters," known for such hits as "Smoke Gets in Your Eyes", "The Great Pretender" and "Only You (and You Alone)". Funches has performed on stage with The Drifters, The Coasters and The Shirelles in cities across the U.S., from Las Vegas to Atlantic City, as well as internationally. We all enjoyed his lively entertainment at the Friends' Holiday Party last year and look forward to this opportunity to see him again! We should arrive at the restaurant by 12:30 p.m., and lunch will be served at 1:00 p.m. The menu will include an entree choice of Baked Stuffed Boneless Breast of Chicken, Treasures of the Sea, or Herb Crusted Haddock. All meals will include a Fresh Garden Salad with Dressing, Mashed Red Bliss Potatoes, Butternut Squash, Coffee or Tea, and Grapenut Custard Pudding for dessert. A school bus has been reserved for those needing transportation and will leave St. Mary's Church parking lot at 12:00 p.m. The Van-Go will also be available. The cost for this event is \$21 per person and will be due on or before Friday, November 4th. Sign-up for this opportunity by calling the senior center at 508-543-1252 on Wednesday, October 5th beginning at 8:00 a.m.

Monday, September 26

Sit & Be Fit 9:30 a.m.

Hearing Clinic 10:00 a.m.

Tai Chi 10:45 a.m.

Knitting 1:00 p.m.

Shaw's 1:00 p.m.

Jay Barrows' Office Hour 2:00 p.m.

Coffee with the Veterans' Agent 2:00 p.m.

Tuesday, September 27

Stretch & Balance 8:30 a.m.

Nutrition Class 11:00 a.m.

Discussion Group 1:00 p.m.

Talespinners 2:00 p.m.

Wednesday, September 28

Strength Training 8:30 a.m.

Chorus 10:00 a.m.

Luncheon Outing @ Chateau in Norton 1:00 p.m.

Zumba 2:30 p.m.

Thursday, September 29

Ceramics 9:00 a.m.

French Classes 11:00 a.m.

Harvest Tea Party 12:30 p.m.

Ice Cream Days-Big Apple 1:30 p.m.

Friday, September 30

\$63 Due for Jack-O-Lantern Trip

Stop & Shop 8:30 a.m.

YMCA Exercise 9:30 a.m.

Cribbage 11:00 a.m.

Card Making Class 11:00 a.m.

Information Meeting for San Antonio Trip 1:00 p.m.

Monday-Thursday 8 a.m. to 4 p.m., Friday 8 a.m. to 3 p.m. Tel. 508-543-1252. www.foxboroughma.gov

TRAVEL AND ENTERTAINMENT

SAN ANTONIO FIESTA IN 2012

Come to the senior center on Friday, September 30th at 1:00 p.m. to hear about our "Big Trip" for 2012. We will be traveling to San Antonio, Texas, with Tours of Distinction for 6 days from April 19th through April 24th. Tour highlights include The Alamo, San Antonio Fiesta, Riverwalk Cruise, Austin City Tour, LBJ Ranch, San Jose Mission, a Cowboy Dinner, and much more. Details about the fabulous accommodations, itinerary and pricing will be given at the meeting.

FRIENDS HOLIDAY BOSTON POPS TRIP

Enjoy some holiday cheer as you listen to an engaging performance by "America's Orchestra" on Thursday, December 15, 2011. Join the Boston Pops and the renowned Keith Lockhart for a sensational day of memorable music at historic Symphony Hall. Keith Lockhart himself will be conducting the matinee performance of "The Holiday Pops" complete with a visit from Santa! You will have reserved first balcony seats for the 4:00 p.m. matinee show. Prior to the show, you will visit Copley Plaza and the Prudential Shops for shopping and dining on your own. Before returning home, you will tour the Boston Common and view the beautiful Christmas lights display. Your luxury motor coach will depart from Town Hall on December 15th at 1:00 p.m. and will return home at approximately 7:30 p.m. The cost for this spectacular day is \$77 per person and will include driver gratuity. Call Shirley Mather at 508-543-8823 to sign-up. A \$25 deposit will be due at the sign-up and the remainder of the payment will be due by Tuesday, November 8th. Checks should be made payable to "Friends of Foxboro Seniors." No cash please. Adele and Milli will accept payments at the senior center on Monday and Tuesday afternoons.

JACK-O-LANTERN SPECTACULAR

Are you looking for something different and unique to try? Then come and join us as we travel to Rhode Island on Thursday, October 27th as we visit the Jack-O-Lantern Spectacular at the Roger Williams Park Zoo. Begin your evening at Spumoni's Restaurant in Pawtucket Rhode Island, one of Rhode Island's favorite Italian & Seafood Restaurants. Your meal will include Tossed Salad; Choice of Lasagna, Chicken Parmigiana with Ziti, or Baked Scrod with Potato & Vegetable; Coffee/Tea, and Dessert. After dinner, experience the Jack-O-Lantern Spectacular featured by the Early Show, CNN, & Associated Press. You will be amazed by the glow of thousands of pumpkins artfully carved depicting famous people, places and scenes. Don't miss this Halloween hot spot! The cost for this magical evening is \$63 per person including driver's tip. Checks should be made payable to "Town of Foxborough COA." Payment will be due by Friday, September 30th. Your motorcoach bus will depart from St. Mary's Church parking lot at 3:30 p.m. on Thursday, October 27th and will return home at approximately 9:15 p.m. Sign-up for this opportunity by calling the senior center at 508-543-1252.

SPECIAL EVENTS AND PROGRAMS

"ATTICUS"

Atticus Finch steps from the pages of "To Kill a Mockingbird" as character actor, Richard Clark portrays "Atticus" on Thursday, October 13th at 1:00 p.m., at the senior center. The tragedy and triumph of Harper Lee's classic courtroom drama will be brought to life in this compelling theatrical event set in 1930's Alabama. Richard Clark has spent over 30 years in New England regional theater and New York Theater. He is a graduate of Clark University and has studied at the American Academy of Dramatic Art, The Actors Connection and the Actor's Loft in New York. This program is supported in part by a grant from the Foxborough Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a State Agency. Please call 508-543-1252 to sign-up for this cultural opportunity.

HARVEST TEA PARTY

Treat yourself to a special Harvest Tea Party hosted by Joanne Pratt on Thursday, September 29th from 12:30 p.m.-2:00 p.m. Tea sandwiches and delectable goodies along with assorted teas will be served. Sample the delicious food offerings, enjoy the company and conversation, and relax over a cup tea. We have limited seating, so please call the senior center at 508-543-1252 to sign-up. Reservations will be taken until Monday,

September 26th, or until all spots are filled, whichever comes first. This event is for Foxboro residents. As always, please bring your favorite tea cup.

NUTRITION CLASS SPECIAL SPEAKER

On Tuesday, October 4th at 11:00 a.m., Kristen Pufahl of Jewish Family and Children's Services will be doing a program entitled 'Healthy Fats' during the regularly scheduled Nutrition Class. All are welcome! The Nutrition Class is held at the senior center every Tuesday morning at 11:00 a.m. Each week we share new "healthy" recipes, participate in food sampling, exchange ideas, talk about good nutrition and tell some great jokes. If you are not a regular participant in the Nutrition Class, please give us a call at 508-543-1252 to let us know that you will be coming.

COMPUTER CLASSES ARE BACK!

Our computer classes will resume with weekly instruction beginning on Thursday, October 6th. These classes will be held in the beautiful Coppola Computer Lab at the senior center and will be offered FREE by the instructor, Kevin Gleason. Kevin is a semi-retired associate professor of business subjects having taught 22 plus years at the college level. He received his undergraduate degree from Providence College and Master of Science in Management from Lesley University, and worked in the private sector prior to teaching. Professor Gleason is an internationally published author and continues teaching at ITT Technical Institute, contributing to international computer security forums, as well as offering computer classes at other area senior centers. Each week beginning at 9:00 a.m., Kevin will present one of four classes on 'Computer Basics'. The first 4-part series will be held on Thursdays from October 6th through October 27th. If you have participated in these classes previously, Kevin is interested in forming a Seniors Computer Club building on the 'Basics' skills. Please let us know if you are interested in these opportunities by calling 508-543-1252 to sign up.

COA/HESSCO EVENING SUPPER CLUB

Are you tired of eating supper alone? Why not join the COA in collaboration with HESSCO for an evening of socializing and sharing a meal together? Our next evening meal will be on Thursday, October 6th beginning at 5:00 p.m. The menu will include Pizza, Salad, and Dessert. A voluntary donation of \$2.50 per person can be given that evening. To make your reservation or to arrange for transportation needs, call us at 508-543-1252 by Tuesday, October 4th.

LINE DANCING

Get ready to kick up your heels! Faye Sullivan and Jeanne Bonneau will once again lead us through line dancing steps. The steps are uncomplicated and the classes are lots of fun. According to a study in the New England Journal of Medicine, dancing makes us smarter! The physical activity of dancing offers protection against dementia. Dancing helps us to create new neural pathways by integrating several brain functions at once, increasing connectivity. So come and have fun learning these dances while improving your brain power! Line Dancing Classes will be from 11:15 a.m. to 12:15 p.m. on the following Wednesdays: October 5th, October 12th, October 19th, and October 26th. Please call the senior center at 508-543-1252 to sign-up.

I SCREAM, YOU SCREAM, WE ALL SCREAM FOR ICE CREAM!

Summertime and ice cream go hand-in-hand, so we are planning our ice cream day trips again! This year's ice cream trips will be scheduled on Wednesday and Thursday afternoons throughout the summer. Our last trip for this year will be to the Big Apple in Wrentham on Thursday, September 29th. We will leave for ice cream at approximately 1:30 p.m. from the senior center or the van can pick you up from your home. Van space is limited, so be sure to call early to sign-up. Call 508-543-1252 to reserve your spot. Van space is reserved for Foxboro residents only.

REGULARLY SCHEDULED BOOKS ON TAPE BOOK CLUB

The Book Club meets at the Foxboro Senior Center on the first Thursday of every month. Each month a new title is selected and is made available on Perkins tapes, library tapes, CDs and books. Seniors who have limited

vision, have difficulty holding or reading a book, or who simply enjoy listening on tape are able to enjoy this group. The group is led by Outreach Social Worker, Noreen Sherys. Our next meeting is on Thursday, October 6th at 1:00 p.m. Our selection this month is "To Kill A Mockingbird" by Harper Lee. In keeping with this theme, watch for Richard Clark's live portrayal of "Atticus" on Thursday, October 13th at 1:00 p.m. at the senior center. We will also be showing the movie "To Kill A Mockingbird" at our Movie Day on October 18th at 12:30 p.m. If you would like to participate in any of these events, please call 508-543-1252.

BINGO!

Calling all Bingo players...Come and join the fun on the 1st Tuesday of each month as we play Bingo together at the senior center. Try your luck and win cash prizes in varying amounts. There will be a nominal fee of \$1 per card. Our next Bingo afternoon will be on Tuesday, October 4th from 2:00 p.m. to 3:30 p.m. Please call 508-543-1252 to let us know that you will be coming. This event is sponsored by the Friends of Foxboro Seniors.

COFFEE WITH KEN

Drop into the Rodman Building at 90 North Carl Annon Court on the 2nd and 4th Tuesday of each month at 11:30 a.m. for a coffee hour with Ken from the Council on Aging & Human Services. Ken Levy is our Outreach Worker and will be available to hear your questions, comments and concerns about Housing, Health Insurance, COA Programs, Public Benefits (Medicare, MassHealth, Food Stamps, Fuel Assistance), Recreation and Social Activities, etc. Ken is looking forward to the opportunity to introduce himself to you and meet some new people. You can also sign-up for lunch at the Rodman Building (for those age 60+, served at 11:45 a.m.) by calling 508-698-0754, or just drop in for coffee and "goodies." On October 11th, Ken will review "In -Home Safety," and on October 25th the topic will be "Stretching Your Energy Dollar." To reach Ken, call 508-543-1252, or drop by the Senior Center.

FREE LUNCH!

Apparently there is such a thing as a free lunch! Chickie Flynn's Restaurant is offering a free lunch to the seniors of Foxboro on the first Wednesday of each month. Our next luncheon will be on Wednesday, October 5th at 11:30 a.m. at Chickie Flynn's located at 94 Washington Street, Foxboro, MA. Your lunch will include a choice of 2 entrees (Baked Haddock, Rice, & Veggies OR Chef's Choice), Bread and Butter, Cheesecake or Ice Cream, Coffee, Tea, or Soda. The lunch is free but the service is not, so bring along \$2.50 which will be collected for your waiters and waitresses. Transportation will be on your own and space is limited for the luncheon. To take advantage of this very generous offer, you must call the senior center at 508-543-1252 to sign-up by Tuesday, October 4th.

JAY BARROWS' OFFICE HOUR

State Representative Jay Barrows will hold office hours at the senior center on the 4th Monday of every month at 2:00 p.m. His next visit will be on September 26th. Please take advantage of this opportunity to meet Mr. Barrows, have your concerns heard, or just get information.

COFFEE HOUR WITH THE VETERAN SERVICE OFFICER

Veterans' Agent, Mike Johns, will be holding a coffee hour at the senior center on the 4th Monday of each month. He will hold the next coffee hour on Monday, September 26th at 2:00 p.m. Stop in to meet, say hi or to set up a future appointment. All veterans, veterans' dependents or veterans' widows/widowers are welcome to drop in with questions, concerns or to learn about benefits. If you are unable to attend the coffee hour at the senior center, Mike can be reached by calling the Veterans Office at town hall at 508-543-1204. His office hours at town hall are Monday, Wednesday, and Thursday 8:30 a.m. – 4:00 pm; Tuesday 8:30 a.m. – 8:00 p.m.; and Friday 8:30 a.m. – 12:00 p.m. You may also reach Mike through the town website at

http://www.townfoxborough.us/pages/FoxboroughMA_Veteran/index

SHOPPING

We will be going to Shaw's on Mondays at 1:00 and 1:30 p.m., and to Stop & Shop on Fridays at 8:30 a.m. There is room on the van if you would like to take advantage of sales at both stores. The following is a list of

other shopping trips and outings we have planned. They all take place on Wednesdays at 1:00 p.m. If you would like to go on the van, please call the senior center to arrange a ride.

September 28 Luncheon Outing at Chateau in Norton (rescheduled from 8/31/11)

September 29 Ice Cream Days-The Big Apple at 1:30 p.m.

October 5 Kohl's @ Mansfield Crossing

October 12 Target

MEDICAL INFORMATION AND SERVICES

FLU SHOTS

This year the Board of Health will be getting a very limited supply of flu vaccine. Due to the directive of the Massachusetts Department of Public Health, that supply must be prioritized to persons without insurance and persons whose insurance does not cover the cost of flu vaccine. The best place to get a flu shot is your doctor's office. However, some physicians do not offer the vaccine. In that case, there are many other places that offer flu shots. Many retail pharmacies are offering flu vaccine. Some of the pharmacies will bill insurance companies directly for the vaccine, but some stores expect payment up front, and will provide a receipt to submit to the insurance company for reimbursement. It is important to check with your insurer in advance as to whether they will reimburse for a vaccine administered outside of a physician's office. For persons with no insurance, or whose insurance does not cover the cost of the vaccine, call the Board of Health for more information at 508-543-1207.

PODIATRIST

Dr. Willinsky, Board Certified by American Board of Podiatric Orthopedics, is available at the senior center on the first Monday of each month at 12:00 noon. His next visit will be on Monday, October 3rd. Clients are seen on a first come, first served basis. The cost to see Dr. Willinsky is \$20.00 per person and checks can be made out directly to Dr. Jeffrey Willinsky. The Van-Go is available for anyone needing transportation ... call 508-543-1252 to arrange a ride.

HEARING CLINIC

Mass Audiology holds free hearing clinics quarterly at the senior center. Our next clinic will be on Monday, September 26th at 10:00 a.m. Steve Senna, a Hearing Instrument Specialist, is available to help identify any hearing loss you may have and to talk with you about hearing loss. Steve can provide tone testing, clean and check your hearing aids, assist with small repairs to hearing aids, and show you new products that are available. Mass Audiology has been in the business of helping people to improve their hearing for 41 years. With 17 offices in Massachusetts, they are owned and operated by Dr. Michael Fellman, Doctor of Audiology. If you would like more information about Mass Audiology call 1-866-536-4327 (HEAR). Please call the senior center at 508-543-1252 to sign-up.

MEALS AT THE RODMAN BUILDING AT ANNON COURT SERVED AT 11:45A.M.

If you plan to eat, give Marcia at least two days notice by calling 508-698-0754. Suggested donation is \$2.50. The Van-Go is available for transportation on a limited basis by calling the senior center at 508-543-1252.

Meals contain approx. 700 calories, 600 mgs. sodium with no added salt, 3 oz. entrée, low fat & low sodium gravies.

Monday, September 26

Sweet & Sour Pork Rib

O'Brien Potatoes

Chopped Broccoli

Wheat Bread

Applesauce

Tuesday, September 27

Chicken Marsala
Italian Pasta
Mixed Vegetables
Whole Wheat Bread
Pudding

Wednesday, September 28

Happy Birthday

Vegetarian Chili
Brown Rice
Dinner Roll
Birthday Cake

Thursday, September 29

Open Faced Hot Turkey Sandwich W/Gravy
Whipped Potatoes
Riviera Blend Veggies
White Bread
Peaches

Friday, September 30

Cheesy Beefaroni
Escalloped Tomatoes
Multigrain Roll
Fresh Fruit